

16. (new) The oil or fat composition according to claim 15 wherein the medium-chain fatty acids are saturated fatty acids having 6 to 12 carbon atoms.

17. (new) The oil or fat composition according to claim 15 wherein the long-chain saturated fatty acids are at most 15 % by mass of all of the long-chain fatty acids as constituents of the oil or fat composition.

18. (new) The oil or fat composition according to claim 15 wherein triglycerides having three medium-chain fatty acid residues in the molecule represent at most 3 % by mass of all the triglycerides

19. (new) The oil or fat composition according to claim 15 which further contains, as an emulsifier, at least one sucrose fatty acid ester, polyglycerol fatty acid ester, succinic acid monoglyceride, monoglyceride, diglyceride, sorbitol fatty acid ester or sorbitan fatty acid ester, in an amount of 0.1 to 6 % by mass based on the oil or fat composition before the incorporation of the emulsifier.

20. (new) The oil or fat composition according to claim 15 which further contains, as an emulsifier, based on the oil or fat composition before the incorporation of the emulsifier, 0.1 to 3 % by mass at least one sucrose fatty acid ester or polyglycerol fatty acid ester, 0.01 to 2 % by mass succinic acid monoglyceride, and 0.1 to 3 % by mass at least one monoglyceride, diglyceride, sorbitol fatty acid ester or sorbitan fatty acid ester, provided that the total amount of the emulsifiers is 0.3 to 5 % by mass.

21. (new) An oil or fat composition for cooking comprising the oil or fat composition according to claim 15 and conventional additives for oil or fat compositions for cooking.

22. (new) An oil or fat composition at least 85% by mass of which are triglycerides, wherein medium-chain fatty acids represent at most 3 % by mass of all the fatty acids as constituents of the oil or fat composition, triglycerides having two medium-chain fatty acid residues in the molecule represent from 1 to 20 % by mass of all the triglycerides, and long-chain saturated fatty acids are at most 15 % by mass of all of the long-chain fatty acids as constituents of the oil or fat composition.--